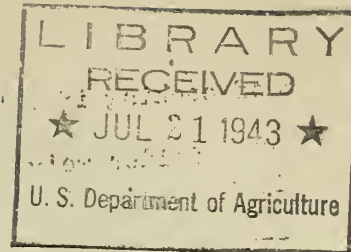


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Food in the Good Old Summertime

Broadcast by Ruth Van Deman, Bureau of Human Nutrition and Home Economics, and Wallace Kadderly, Radio Service, in the Department of Agriculture's portion of the National Farm and Home Hour, Monday, July 12, 1943, over stations associated with the Blue Network.

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WALLACE KADDERLY: We next have some facts on food in the good old summertime, as told by Ruth Van Deman.

RUTH VAN DEMAN: And Wallace Kadderly Don't edge away from the microphone, Wallace. We need a man's point of view on this. Especially since we're going to come at this summer food question by way of two big pieces of kitchen equipment ... the cook stove and the refrigerator.

KADDERLY: Some like it hot some like it cold.

VAN DEMAN: Well said, Mr. Kadderly. That's a way to keep a lot of food from spoiling and wasting in warm weather. To cook it while it's fresh, serve it while it's hot. Or to chill it quickly and keep it cold 'till you're ready to eat it. The trouble generally starts when food's in that in-between state. That's when bacteria thrive when food stays lukewarm, or when the weather's hot and the temperature runs up into the 80's and 90's, or more. Then's the time when good kitchen equipment is needed to help keep food waste down.

KADDERLY: So You're reminding us to take care of our equipment and it will help us to take care of our food.

VAN DEMAN: Very neatly put, Wallace. Score 2 for you.

KADDERLY: The coming rationing of cookstoves perhaps makes us more conscious of the need to take care of what we have. The Office of Price Administration has announced that come mid-August all new stoves for cooking and heating will be rationed.

VAN DEMAN: In other words, you can't buy a new stove unless you first get a purchase certificate from your local war price and rationing board. And that will be true of both gas and electric stoves?

KADDERLY: All kinds, as I understand it.

VAN DEMAN: I think you've seen this folder, Wallace, this one on "How to Make Your Gas or Electric Range Last Longer."

KADDERLY: Yes, very good and very helpful. I like the diagrams showing the different parts of the range and telling how best to keep them clean and in good working order. The modern gas or electric range isn't a simple affair like a cast-iron wood or coal stove.

VAN DEMAN: You're right it isn't. The modern cooking range with its temperature controls, its beautiful shiny enamel surfaces, its insulated oven, its fuel-conserving cooking units, commands respect and good care. It will do a wonderful

job of cooking if it's treated right.

In this folder we've listed the main points to watch if you have a gas range, or if you have an electric range.

KADDERLY: And in a few minutes we'll tell our Farm and Home friends how to get a copy of this folder on the care of cooking ranges.

VAN DEMAN: Along with that, I suggest this as a companion piece on the side of keeping food cold.

KADDERLY: "How to Make Your Refrigerator Last Longer." Yes, this is another one packed full of practical information and with a good, clear diagram to show the strategic spots a person needs to watch in using a refrigerator.

VAN DEMAN: And keeping it clean and conserving the cold. Here are just a few pointers in that direction:

Open the refrigerator door as few times as possible. Each time you open it warm air rushes in and sends the temperature up. Get as many things together as possible and put them in the refrigerator at one time. Shut the door quickly.

Freeze no more ice cubes than you actually need and don't waste ice.

Don't cool foods not in need of it, such as pickles or jelly. Certain fats keep just as well at room temperature. Heavy store wrappings and vegetable tops you're not going to eat have no business in the refrigerator. Nor have over-size containers. Use those that fit things you have to store. Let hot food cool before you put it in the refrigerator.

KADDERLY: Did you say a few pointers, Ruth?

VAN DEMAN: There's a lot more I might say. But one thing I'm not going to skip is a credit line to Lenore Sater, the head of the Household Equipment laboratory in the Beltsville Research Center. She's the authority behind all this series of how-to-do-it folders on care of home equipment. Her name doesn't appear, but neither does the name of the person who did the writing or made those good clear drawings that please you so much, Wallace.

KADDERLY: Complete anonymity.

VAN DEMAN: U. S. Government is a big enough name to cover us all.

KADDERLY: But you'll need more than that, Farm and Home Friends, if you're writing for one or both of these leaflets on care of household equipment. Address your card to Home Economics, U. S. Department of Agriculture, Washington D. C.

One folder tells how to make your gas or electric range last longer. The other does the same for your refrigerator.

And now let's see what's doing in the markets.